



Most people do not know what their basic rights are. However, most people do know when they have been treated unfairly. Rights are tools to protect you.



Know Your Rights

You may find yourself in a situation where you are unsure of your rights. There are many laws that protect your rights. Knowing your rights can protect you from discrimination and unfair treatment.

Things You Can Do

Know what your rights are. The three most important things you need to know are:

- All people have basic rights that protect them from discrimination - discrimination happens when you are treated unfairly or badly because of your gender, marital status, race or religion
- All rights are equal and apply to everyone - being human means you have rights regardless of who you are or what you do
- Governments are here to make sure your rights are not being violated

By knowing your rights you can make sure that your own rights are respected. You can do this by:

- Knowing your rights
- Knowing what counts as a violation of those rights
- Knowing what to do when your rights are violated

The Ontario Human Rights Code is a law that protects your right to equal rights and opportunities without discrimination. The Code encourages people to feel a part of the community and feel able to contribute to the community.

The Code deals with discrimination in:

- Your job, including applying for a job, job interviews, promotions, office dress codes, days off and shift schedules
- Schools, shops, restaurants and hospitals
- Your home, whether you rent an apartment, or live in a college residency
- Contracts, such as verbal or written agreements
- Membership in unions or professional associations

For more information, visit:

Tenant Protection ACT
(Ontario Tenants Rights)
www.ontariotenants.ca

Worker Rights
www.workrights.ca

Ontario Human Rights
Commission
www.ohrc.on.ca

Where to Find Help

Human Rights Committee 622-1099
Community Living Thunder Bay
The Human Rights Committee ensures that the human, civil and legal rights of people with a developmental disability are protected.
1501 Dease St.
*Open: Monday to Thursday 8:30am to 4:30pm
and Friday 8:30am to 1:00pm*
www.cltb.ca

Ombudsman Ontario 1-800-263-1830
The Ombudsman's job is to ensure the accountability of government through effective oversight of the administration of government services in the province.
483 Bay St., Toronto, 10th Floor, South Tower (Bell Trinity Sq.)
www.ombudsman.on.ca

Ontario Human Rights Commission 1-800-387-9080
The Commission's mandate under the Ontario Human Rights Code includes: investigating complaints of discrimination and harassment; making efforts to settle complaints between parties; preventing discrimination through public education and public policy; looking into situations where discriminatory behaviour exists.
180 Dundas St. W. 7th Floor, Toronto
www.ohrc.on.ca

Community Legal Aid Clinics:

Family Law Office 346-2950
209 Van Norman St.
www.legalaid.on.ca

Kinna-aweya Legal Clinic 344-2478
86 S. Cumberland St. 1-888-373-3309
www.kalc.ca

Nishnawbe-Aski Legal Services 622-1413
86 S. Cumberland St. 1-800-465-5581
www.nanlegal.on.ca

Citizenship:

Thunder Bay Multicultural Association 345-0551
17 N. Court St. 1-866-831-1144
www.thunderbay.org

Citizenship and Immigration Canada 1-888-242-2100
Canada Immigration Centre
221 Archibald St. N., Suite 108
www.cic.gc.ca

Housing:

Landlord and Tenant Board 1-888-332-3234
Ontario Rental Housing Tribunal Client Service Office
435 James St. S., Suite 114
Open: Monday to Friday 8:30am to 5:00pm
www.ltb.gov.on.ca

Employment:

**Ontario Ministry of Labour,
Employment Standards Program** 475-1691
Thunder Bay Office
435 James St. S., Suite 222
www.labour.gov.on.ca

